Amendments to the Claims

Please amend claims 1-4, 8, 9 and 11-14 and add claims 15-17 as follows. This listing of the claims will replace all prior versions, and listings, of the claims in this application.

1. (currently amended) An exercice device comprising:

a geometric element with a relatively flat bottom;

a top ~~that is relatively softer than the bottom~~ comprising a compressible covering;

a spring element between the top and the bottom of the device;

whereby the distance from the top to the bottom of the device varies with the amount of force placed on the device during an exercise.

2. (currently amended) The device according to claim 1 wherein the spring element comprises a continuous ~~is a~~ loop spring extending over 360°.

3. (currently amended) The device according to claim 1 wherein the spring element comprises ~~is~~ a coil spring, the coil spring comprising coils.

4. (currently amended) The device according to claim 1 wherein the spring element comprises ~~is~~ an inflatable bag.

5. (original) The device according to claim 1 wherein the exercise is a push-up.

6. (original) The device according to claim 1 wherein the exercise is a pull-up.

7. (original) The device according to claim 1 wherein the exercise is a dip.

8. (currently amended) The device according to claim 1 wherein the spring element ~~is adjustable by adding tension~~ comprises a means for decreasing the force required to be exerted by a user during an exercise by adding resistive force to the to the spring element.

9. (currently amended) The device according to claim 8 wherein the resistive force adding means ~~tension~~ comprises an elastic element ~~that varies the spring force~~.

10. (original) The device according to claim 3 wherein the compression force between the coils is adjusted by adding spacers between the coils.

11. (currently amended) The device according to claim 2 wherein the compression force between the top and the bottom of the loop spring is adjustable by adding at least one elastomeric band that is placed around the loop spring.

12. (currently amended) The device according to claim 1 wherein the device comprises user-assemblable ~~is assembled from~~ components.

13. (currently amended) A~~The~~ method for doing ~~an~~ a push-up exercise comprising:

~~an exercise that is chosen from one of a push-up, pull-up and dip;~~

selecting a device comprising a spring force element that is chosen from at least one of a loop spring, coil spring, scissor spring or ~~and~~ inflatable bag;

placing the device on a support surface;

positioning the user's chest above and in contact with the device so that the device exerts an upward force on the user's chest~~spring force element under the body at a chosen location~~; and

doing the push-up exercise.

14. (currently amended) A method for doing an exercise comprising:

an exercise that is chosen from one of a push-up, pull-up and dip;

selecting a device comprising a spring force element that is chosen from at least one of a loop spring, coil spring, scissor spring or ~~and~~ inflatable bag;

placing the spring force element under the body at a chosen location;

adding additional force elements to the spring element to increase the force; and

doing the exercise.

15 (new) The device according to claim 1 wherein the compressible covering is contoured to fit to the shape of the human chest.

16. (new) An exercice device comprising:

a geometric element with a relatively flat bottom;

a top;

a coil spring between the top and the bottom of the device, the coil spring comprising coils;

the compression force between the coils being adjusted by adding spacers between the coils;

whereby the distance from the top to the bottom of the device varies with the amount of force placed on the device.

17. (new) An exercice device comprising:

a geometric element with a relatively flat bottom;

a top;

a loop spring between the top and the bottom of the device;

the compression force between the top and the bottom of the loop spring being adjustable by adding at least one elastomeric band that is placed around the loop spring;

whereby the distance from the top to the bottom of the device varies with the amount of force placed on the device.